

## **ABSTRACT**

AI DILA NURUL FADILAH. 2025. *The Effect of Resistance Band Training on the Speed of Pencak Silat Sickle Kicks of SMK AL-Khoeriyah Pencak Silat Extracurricular Members*. Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

*The problem in this study is the lack of speed of the pencak silat crescent kick. This study aims to determine whether there is an effect of training using Resistance Bands on the speed of the crescent kick in extracurricular pencak silat athletes at Al-Khoeriyah Vocational School. The research method used in this study is an experimental method. The population of this study was members of the Pencak Silat Extracurricular at Al-Khoeriyah Vocational School, totaling 17 people. And a sample of 10 people with a purposive sampling technique. The statistical analysis used was the data normality test, homogeneity test and significance test. Based on the results of statistical calculations, the  $t_{count}$  value was obtained at 12.06 so that the  $t_{count}$  was greater than the  $t_{table}$  and was outside the acceptance of the null hypothesis of 1.83, meaning that the research hypothesis was accepted or the null hypothesis was rejected. The conclusion of this study is that there is a significant effect of training using resistance bands on the speed of the pencak silat crescent kick.*

*Keywords: Speed, Pencak Silat, Resistance Band, Sickle Kick*